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MANUAL  
OF  
Hygienic Modes of Under-Dressing  
FOR  
WOMEN AND CHILDREN.

Pat. Jan. 6, 1874.



Pat. Feb. 15, 1876.

By MRS. O. P. FLYNT,  
INVENTOR AND MANUFACTURER OF IMPROVED UNDER-CLOTHING,  
AND  
THE PERFECT WEATHER PROTECTOR.  
319 COLUMBUS AVE., BOSTON.





Bronze Medal.

HIGHEST  
HONOR

AT THE

CENTENNIAL EXHIBITION,

PHILADELPHIA, 1876.



REPORT

OF THE MASSACHUSETTS CHARITABLE MECHANIC  
ASSOCIATION,

September and October, 1881.

MRS. OLIVIA P. FLYNT, BOSTON, MASS., — FLYNT  
WAIST OR TRUE CORSET; STOCKING SUPPORT-  
ER; WAIST BANDS; DRESS FORMS, & FLYNT  
WEATHER PROTECTOR.

The Weather Protector is a perfect invention for protecting the under, as well as the upper part of garments from rain and mud. The Flynt Waist, with its many variations, is the best invented substitute for the corset. For all these inventions, the exhibitor received at the last Exhibition, a



Silver  
Medal.





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PRINTERS.

## To Mothers, Physicians, and all friends and Promoters of Human Welfare.

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In presenting to you this little manual of hygienic modes of underdressing for women and children, with my inventions illustrated and described, I do so fully realizing the extent of their needs, and the inadequate provision made in the past for the healthy developement of children, and the best possibilities of woman by proper underclothing. Could it be made plain to all humanity how much underlies this great question of healthful underdressing, the world would be revolutionized at once, without doubt. We know the leaven is working, and that it must take its natural course. That the desire for something different, something better is universal, is proved by the fact that my efforts in this direction have not only attracted many from the best educated and wealthy classes from all parts of the United States, but some Russian and English ladies travelling in this country, English ladies in London, England, and many resident Americans abroad in Italy and other places. The result of my experience as a dress-maker in Boston for twenty-five years, and as an inventor and manufacturer of Improved Underwear for women and children for the last nine or ten years, has convinced me that more than half the ills of my sex are the effect of the pressure of the corset (even when tight lacing is denied), accompanied by many tight overlapping bindings, several tightly drawn drawing strings, and

the weight of heavy skirts, all compressing the form just above the hips, creating undue heat in that region, contracting and paralyzing the muscles, dragging upon the hips, worrying and wearying the victim more than excessive toil; producing headaches and back aches that consume more than half one's life, until they get sufficient moral courage to discard the old style and adopt the new. Their rapid recovery, so like putting on a new life with their new underclothes, reveals unmistakably what has been their health destroyer. In the light of these facts it is surprising how many people we meet daily who have not the remotest idea of human organization, that which most concerns their personal welfare. We speak to them of the evils of tight lacing, and they invariably reply: "I never lace; but I could not sit up without my corsets, I should fall to pieces." We express regret that they have placed corsets upon their daughters, and they reply: "Dear me, the child is larger than I was when I was married, and really larger than I am now; I cannot have her grow so large, and thought you would give her something to shape her up." When we refuse, and ask them why they do not give her some deadly poison each day that may not prove more destructive, they, of course, think us demented, and decide the matter by saying, "our mothers wore corsets, and their mothers before them," not dreaming for that very reason the child may have weakened vitality. The daughter gets "shaped up" with somebody's corsets, but a few months pass, and the community that knew her to love and admire for her beautiful character, are suddenly called to mourn her loss. Heart disease is the story; but do not her dressmaker and physician occasionally think it might have been Corset disease. Does her mother ever give the subject a passing thought as she constantly mourns? A fond mother brought me her only daughter to have a beautiful dress made for her coming-out party.

I took the measurements as usual, and as I turned to prepare the lining for trying on, the mother laid her hand on my arm, and, in a very decided manner, said: "My daughter's dress must not measure over eighteen inches at the waist when completed." "But her measurement is twenty-four inches, with the tape line closely drawn," I replied. "Never mind, I'll see to that," said the lady. When I returned to the fitting room she had already on her daughter some new French corsets, and was pulling away at the lacings, while her daughter stood with a hand above each hip, crowding down and squeezing herself into the smallest possible space. The mother said: "Now, Mrs. Flynt, try your tape measure." "Twenty inches," I replied. "I'll try again," said the mother, and again she pulled away at the lacings. The second trial and the tape line said eighteen inches. "That will do," said the doting mother as she gazed with pride upon her work; and "elegant," rejoined the affectionate daughter, as she turned to the right and again to the left before the mirror, and beheld her lovely tapering waist. The dress was made, and many more, and she who was always spoken of as the beautiful Miss G—— was engaged before the end of her first season, and one year from the night she entered society was married, and went abroad; in less than another year her corpse was returned to her mother. She could not survive motherhood. And I do not believe that mother ever had one pang of remorse, or a shadow of a thought that she was instrumental in producing her daughter's early death. Mothers, will you investigate this matter thoroughly? Physicians, will you from your standpoint give this subject the earnest attention its importance demands, and resolutely discountenance corset wearing? Friends and promoters of human welfare, give to this matter your careful consideration and encourage us in our life work by the expression of your approval and hearty co-operation.

## The Flynt Waist or True Corset,

A scientific garment which proves more than a substitute for other corsets, for it not only obviates the necessity for several other under garments usually worn at the same time, but it comfortably and perfectly sustains the heaviest bust from the shoulders, thereby relieving the individual of the discomfort of its weight. The Waist also sustains from its skirt, the stockings, drawers, short and long petticoats, and dress skirt, deriving its supporting power from a unique invention, Patented Feb. 15th, 1876, illustrated on another page.

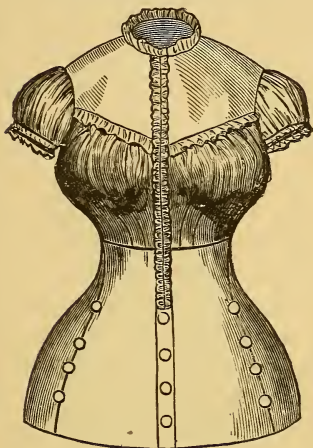
While the Waist permits natural circulation, perfect respiration, and freedom for every muscle, it imparts an artistic contour and elegance of motion, that all corsets utterly destroy. From its construction every Waist is a Perfect Shoulder Brace, a fact of great importance to growing girls and children.

For thin ladies, we are prepared to improve the figure in a manner exceedingly satisfactory to first-class dressmakers, and place the burden and weight of the clothes where most conducive to health and comfort. The Flynt Bust Improving Waist is constructed the same as the Bust Supporting Waist, only that a very nice provision is made for the insertion of extra fulness where sufficient development is wanting.

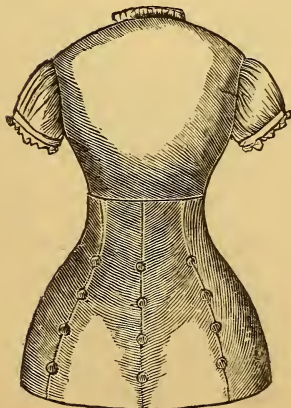
We can always supply customers with the Tampico Dress Forms, manufactured by Warner Brothers of New York, and the Palmetto and Tampico Dress Forms, as invented by Miss J. D. Bansfield of Boston, and manufactured by Frost & Co. of this city, which we have in sizes, and otherwise adapted to our Waists. The

FLYNT WAIST OR TRUE CORSET.

Patented Feb. 15th, 1876.



FRONT VIEW.



BACK VIEW.

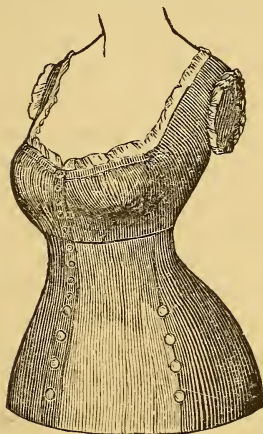


forms are alike with regard to their healthfulness, being porous, light, and concave, making them all to be desired for the purpose; with our Waists, they need only to be removed when the Waist is washed, as they always retain their position, being buttoned in the pocket. Nothing should ever be worn to give extra fullness that can press or crowd the breasts, as by so doing the glands are seriously injured. There is little doubt that many women have been injured for life by the pernicious habit of wearing all sorts of things sold in the stores for the purpose, which create great heat, impede circulation, and utterly prevent natural development.

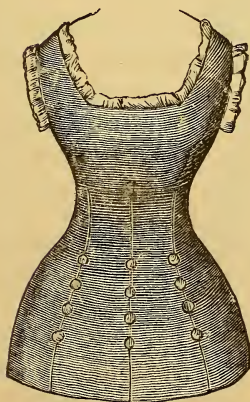
The low necked Flynt Waist, and low front with high back, are exceedingly popular to wear with party, ball or stage dresses. The following cuts represent the garment precisely as worn by Mrs. Scott-Siddons, and many others equally fastidious with regard to their personal appearance. Many ladies prefer the low waist at all times, on account of its being so much cooler than the other. If whalebones are wanted in the waist, we insert from four to thirty-four, as required (the prices vary accordingly). The bones are adjusted upon the inside, and when they become warped, or need to be removed for the waist to be laundered, we take them out and put them in cold water for an hour or more, and they will be straight and strengthened, ready to be readjusted without a stitch, in less than one minute's time. The Waists admit of being beautified to suit the taste of the wearer by the addition of Lace, French Needlework, Fayal or French chemise bands, Hamburg or Swiss trimmings. We also make very pretty Waist Covers, sometimes very elegant and elaborate, that add but little to the warmth or bulk, being neatly fastened down to the upper row of buttons on the skirt of the Waist, the waistband of the dress skirt buttoning over. Sleeves are provided when wanted, but few are worn, as they interfere with the dress sleeve, to the annoyance of the

FLYNT WAIST OR TRUE CORSET.

Patented Feb. 15th, 1876.



FRONT VIEW.



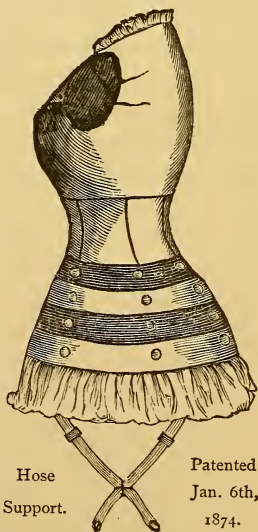
BACK

dressmaker. We endeavor to harmonize with the fancies of the dressmaker, as far as we can consistently, for they at first opposed our radical innovations upon their idol, the French corset, with our Waists, but now, as a rule, advocate its adoption; the forms of the ladies for whom they made dresses, who had the moral courage to stand by their own convictions, and resist even the request "to put on corsets to be fitted over," being so much improved as to give overwhelming evidence of the correctness of our method of underdressing.

A lady informed us that she asked her French dressmaker if many of her patrons had discarded corsets, and adopted the Waists. She quickly answered: "No; I cannot fit dresses over Waists, I must have the corset." "But you have fitted me satisfactorily, and I have not worn a corset for two years, only Mrs. Flynt's Waists," said the lady; "and with all the dresses you have fitted me did you suppose I was wearing corsets?" "I have always noticed the fine fit of the Waist, but supposed it covered a corset," she replied.

The following cut illustrates the mode of adjusting to the Waist each side of the hip the "Flynt Hose Supporter," Patented Jan. 6th, 1874; also the most correct way to adjust the waistbands, which are half circular bands, with a cord stitched in at the top to keep them from being drawn out of shape by ironing; they are for the drawers, short and long petticoats, and dress skirts. Any person wearing the Flynt Waist can, if they choose, wear their bindings as they do with corsets, but with precisely the same results. Hygienically a great point is gained by avoiding the overlapping of numerous bindings and several thicknesses of gathered and plaited fabric directly over the region where excessive heat aggravates, when it does not really produce terrible suffering and disease. Large, fleshy, short-waisted people can see at a glance how they can not only be reduced in measurement, but all the

rolling up of the skirts and basque when one sits down is entirely obviated by the proper adjustment of half circular bands to the skirts, buttoned upon the skirt of the Flynt Waist. The difference in one's ability to walk, especially up stairs, or up a hill, is more than any one will credit, unless they try the experiment. In playing any active game the difference in dexterity, and amount of subsequent exhaustion, is remarkably favorable to improved underdressing. At Mt. Desert some young ladies, properly underdressed, were leaping from rock to rock, like goats, while others of the party would slide down the side of one rock and clamber up the other, crying out: "Wait, wait for me." Some elderly gentlemen, above overlooking, called the attention of the ladies to the fact, asking the cause, which was readily divined by the ladies, and upon investigation later in the day proved that the young ladies who could not leap were wearers of French corsets, and when the Boston Matrons undertook to convert them, laughed at the "Hub nonsense," which they now strongly advocate; for when they came to boating it was too much for them to be unable to stoop to pick up an oar, when requested to do so by the favorite gentleman of the party, and they were filled with envy to see those Boston girls so deftly scrub out the bottom of the boat, every moment adding to their charms, as their color heightened, and eyes sparkled with increasing lustre, while they skipped about, lending a hand here and there, until all was ready. I will assure you they



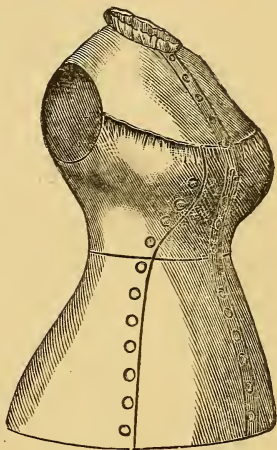
Hose  
Support.

Patented  
Jan. 6th,  
1874.

did not feel satisfied to simply stand still and look pretty on that occasion, and will never array themselves again in a manner to cripple their muscles; if there are good times they, like "Glory McWhirk, want to be in them." A beautiful girl, seventeen years of age, came to me for waists by the advice of an eminent physician, who told her that one of the valves of her heart was thickening. She had been some years under the care of other physicians, but had been wearing corsets so long that she could not remember when she did not wear them. She, like many others, had on the dress skirt, and two petticoats, with very tight bindings, then a crinoline with drawing strings, tied as tight as they could bear, then the corset, or compressing machine, then a chemise, nearly two yards full, to form into numberless folds and bunches, and under that a broad binding attached to the drawers, that was so tight that it was with difficulty that I could get my finger under to unbutton it. The young lady, inclined to flesh, and full blooded, was, to say the least, in a very bad condition. I looked upon the beautiful girl as she stood before me, thinking "how many there are like you nipped in the bud, the pride of fond parents, who cheat you out of all there is worth having in this life, and out of life itself, while they spend the remainder of their own days mourning the loss for which they alone are responsible." I am sorry to say this is not an isolated case, many similar are of too frequent occurrence, and while they are possible we cannot say too much against the evil of corset wearing. Could we but know how many childless homes and how many motherless children are the direct result of this terribly barbarous practice, the knowledge would be overpowering.

The Flynt Extension and Nursing Waist, which has been so much appreciated by mothers, is represented by the next cut. The buttons at each side are to be set back a little occasionally, as increase of size demands. The hose and skirts being buttoned

to the skirt of the waist, the abdomen is relieved of the weight of the bust, and all other pressure. If needed an abdominal band can readily be attached to the buttons back of the hips, doing excellent service in cases of excessive weakness. When the necessity for extension is over, and a Nursing Waist is wanted, the buttons upon the sides which have been moved back are now brought well forward, sufficiently to make a neat fit and support the breast comfortably, and one has the best Nursing Waist in the world.



We make, also, the Nursing Waist without the extension, when required.

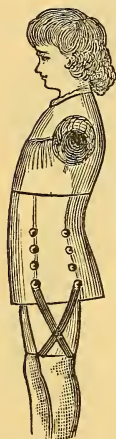
When open drawers are worn with the Flynt Waist, they invariably open in front instead of the back, so that if the drawers are to be worn more than one day, the waist and drawers buttoned together are removed, and again put on as one garment.

In order to arrange skirts and drawers to fit neatly and work harmoniously with the Extension Waist, for the drawers we merely make the bands larger between the first buttonhole and the next, each side, sufficient for a two-inch plait, that can be let out a little, as the buttons on the waist are set back. The petticoat and dress skirt we leave open each side of the front breadth, with a lap of three or four inches, merely setting back the buttons as often as needed to fit the waist.

Ladies, if these limits would permit, how much I could tell you of the ameliorating influence over the troubles of pregnancy and childbirth these same waists exert. I would much like to give for



your perusal some of the lovely letters we have received from happy parents and grateful physicians.



The first cut on the page shows the Flynt Waist, as worn by Misses, with the Flynt Hose Support attached to the waist each side of the hips, and adjusted to the front and outside of the stockings. For growing girls the benefit hygienically of the Flynt Waist and Hose Support cannot be overestimated, especially if a habit of stooping and carrying the head forward has been contracted. It is a very common occurrence for parents, and guardians, to write us when their daughters have been wearing our garments three months, sometimes in less time, that their daughters' health, complexion and figure are constantly improving. [See General Remarks.] The second cut tells its own story. *What to do for smaller children*, beginning when they are about ten months old, and continuing until they are nine or ten years of age, if no tendency to spinal curvature appears, if it does, adopt the Flynt Waist for Misses without delay. Within the last two years, with the Misses Waist, we have accomplished wonders in several well authenticated instances, far exceeding our most sanguine expectations, when the tendency to curvature was quite noticeable. One child nine years of age came to us with sallow complexion, high shoulders, narrow chest, with head set forward, shoulder blades protruding, that in one year's time no person, who only saw her as she came, would have recognized as the same child, in the red cheeked, round chested, erect, lively little beauty she had become. Several



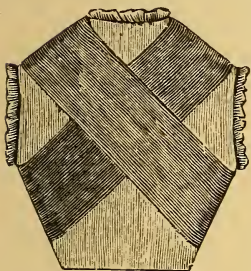
others, from the ages of twelve to sixteen were greatly helped, and one but six years old gained in chest measurement, in three and one half months, two inches, and in her physical health proportionately. One young lady nineteen years of age, who was here at school from the West, and appeared to me as almost a hopeless case, the spinal curvature being so well defined that she was very one-sided, with one hip much higher than the other, was in less than three months after her change of underwear so very much improved in form and complexion as to call forth remarks from all her friends. Another young lady became partially paralyzed from over work at the piano. She had no idea of the harmfulness of corset wearing, and although very young, her corsets had compressed her waist into the hour-glass shape pretty effectually; her friends feared she might have to give up the piano for life. She adopted the Flynt Improved Underwear, by the advice of the person who was giving her Massage treatment, in June, and in the following October returned to her studies, a wiser girl, and exceedingly enthusiastic for the under clothing she had adopted.

Perhaps it will please the reader of this manual to know how it happened, what gave me the inspiration to invent this Waist. One day I received a letter asking me to call the next morning at a certain place to see a lady who was an invalid, who had not been able to walk up a flight of stairs for twelve years, and she wished me to bring for her inspection samples of my improved under-clothing. The summons I obeyed, and found the lady able to be dressed and about the room. She had a very stiff pair of corsets on, although, she told me, against the wishes of her physician, who had told her that he did not think she could live six months if she did not discard them; but she said she certainly could not live without them. She had possessed great personal beauty, and her form had been her particular pride. At this time she was suffering from chronic relaxation of the muscles, and the weight

of her breasts made them exceedingly painful, unless they were held up by something. In less than two minutes I thought how I should accomplish what was required, and placing my hands under her breasts, as I stood behind her (she had taken off her corsets to show me the result), I said: "You wish to be supported like this?" She replied: "I do; and you will invent something, won't you?" "Yes," I said, "I will, for you and every other woman who wants it; and when I took the cloth and my scissors to fashion the garment, in just ten minutes I had it, although in a crude state, the principle precisely as to-day. Allow me to state here that the lady so nearly recovered as to call it a triumphant victory, in a few months, over twelve years of intense suffering, and her recovery was so rapid and so complete that no person would credit my statement, except those to whom it is all familiar, should I give the facts. The lady herself says her rapid recovery was entirely due to the prayers of faith, of herself and friends, although some of her friends *do* say they think I was made a happy instrument in the process of effecting the change in the state of her health.

The distinctive feature of the Flynt Waist or True Corset, Pat. Feb. 15th, 1876, that gives it superiority over every other, are that the warp threads of the fabric, of which the Waists are made cross at right angles in the back. There is no seam in the back, under the arms, or in the shoulders, only across the front like a yoke. All the cloth is shrunk before cut, thereby ensuring as good a fit when the garment is old as when first made, unless the form of the wearer changes; if so, the waist should be changed accordingly, without delay. From the crossing at right angles, in the back of the warp threads of the fabric of which the Waists are made, as illustrated by the following cut, we derive a supporting, sustaining power of incalculable importance, rendering every Waist a Perfect Shoulder Brace, and sustaining the heaviest

bust from the shoulders so firmly that it cannot possibly sag or fall. By the adoption of the Flynt Waist the protruding abdomen



and the cushion-shaped back that invariably accompanies the wearing of corsets by a fleshy woman, disappear in an incredibly short time, and is replaced by such a comely shape and degree of helpfulness as is often astonishing. The disagreeable puffing and short breathing at the least exertion, with rush of blood to the

head, which gives such red noses, and red hands, the bane of many a woman's existence are greatly relieved, almost invariably entirely overcome in a shorter time than one would credit, except by actual experience.

Any style of dress that can be worn with a corset is improved by the substitution of the Flynt Waist for the corset, as few people like to look like a lay figure in their clothes, as if they could not move, yet how many we do see whose waists are laced like a post, and they carry their arms at such an angle that a yard stick in the hands of a person walking behind them will just reach from point to point of the elbows, while, if the party is fleshy, the corset steels crowd down the flesh at the bottom of the waist and send it out over the hips, to roll up and shake like a jelly as the lady walks along with a slightly quickened pace.

We supplied a lady with the Flynt Waist and other under-clothing whose weight considerably exceeded two hundred pounds. When she had been wearing them for about a month she called to inform us of her improved condition, and remarked that for several years previous to her adoption of our under-clothing she had given up calling on her friends, or going to church, for she had been so clumsy it had been with great difficulty she could get

into a carriage, and was so helpless that she constantly feared some accident might befall her when walking; but that the Sunday previous she greatly surprised her family and neighbors by walking to church and back again; and she added with great zest, "I have just returned from a shopping trip, where I have been looking at carpets, furniture, and dry goods, and never once thought of my back, or my clumsiness, and really, Mrs. Flynt, when I reflect how many of the best years of my life have been wasted from having been a slave to the common custom of wearing corsets, I feel like letting the whole world know in a minute the wonderful merits of your under garments, if such a thing were possible. My change is a perfect wonder to every one who knows and sees me. They all exclaim: what has happened! are you renewing your youth? Why when I tell you that I have not been free from pain for the last fifteen years until now, you will not be surprised at my enthusiasm." Now I will inform you what does happen to a large woman who has been wearing corsets until her waist has become much shorter in front than in the back, until she seems all falling together; the Flynt Waist, sustaining the heavy bust from the shoulders, permits the space under the bust to lengthen, the muscles that have been contracted immediately expand, the ribs open and the contents of the abdomen, that have been crowded down by corsets and skirt bindings, assume their natural positions, the individual becomes more erect, and appears taller, the obtrusive abdomen disappears, and, although the person will not weigh one pound less, she will have the appearance of having diminished greatly, because she will no longer walk like a fat woman, or in any way appear as if she felt her weight, her basque will have to be taken in from six to ten inches and be made longer waisted in the front. Strange as it may seem, the result has always proved in accordance with the foregoing statement, if the lady exchanges the straight bindings of skirts and petticoats for

the Flynt Waistbands. The crossing at right angles of the warp threads of the fabric of which the garment is made is the source from which all this wonderful help is derived, and it can never be found in any other garment but the Flynt Waist. When Mrs. Scott-Siddons last visited this country, she came directly to my rooms to investigate the new methods of under-dressing she had heard about as having been invented by "one Madam Flynt." With great pleasure we explained our modes, assuring her that we could adapt the principle to her needs, which she at first appeared to doubt, and, as Mrs. Siddons is an exceedingly bright, witty woman, we had considerable fun. Her waist was laced into twenty-two inches, and she had been suffering terribly from neuralgia and constant weariness. I told her she was deformed by corsets; that her waist should at least measure twenty-six inches, and possibly twenty-eight. "My dear madam, will you have me lose me stage figure? you will ruin me!" "No, indeed, Mrs. Siddons; I promise to improve your figure, your motions, and your health more than you will believe, except by your own personal experience. If some of your American admirers should wish to perpetuate your memory in marble, in some of the characters you personate, would you be satisfied with the work of the artist if you found that he represented you as I saw you last night? and as now, with your form shaped as only the human figure can be by a pair of corsets, such as we see in any shop window? My humble opinion is that your impersonations demand imperatively an artistic form, and perfectly unhampered motions; that stays upon the stage, above all other places, are a vile caricature." "Here goes me stays," said Mrs. Siddons, as she pulled them off and threw them in a corner. I assured her the experiment should be wholly at my expense if it did not prove perfectly satisfactory. The first waist we made her she wore on the stage at Providence, and it measured twenty-six inches instead of twenty-two. The

next morning she took the early train for Boston, and brought to me a lot of dresses to be changed, and a great amount of under-clothing. She said she was like another person already; that many of her friends remarked to her, at the close of the play, that they never saw her do as well before; and she said to them, "Do you know the reason why? I left me stays at home." For a little time we saw Mrs. Siddons quite often. At the end of a few weeks, by her own request, other waists were made measuring twenty-eight inches, instead of twenty-six; but to her great joy, as well as my intense satisfaction, the largest measurement four inches below the natural belt had decreased nine inches, and she was at that time certainly the handsomest formed woman I had ever seen, my opportunities for observation covering a period of more than thirty-five years of constant fitting of dresses and under-clothing for ladies. Mrs. Siddons remarked to a lady she met at my rooms, that her health had greatly improved by the change, that the difference in her feelings was this: that when she wore corsets she could hardly drag herself through the last act, but now she could begin when she had finished and go right through again, that in her boys' parts she could almost tie herself in a double bow knot; liberated as she was, she could not see how she had ever endured the stays. Then turning to me she said: "Mrs. Flynt, I think your Waists a great invention, and that you are a benefactor to your sex. Make use of my name in any manner that may benefit yourself or the cause, as I am under great obligations to you for your skill, and am happy to have my name enrolled not only as one of your converts, but as greatly benefitted by the conversion."



### General Remarks.

The principle embodied in the Flynt Waist is as beneficial to little children and misses, having proved of immense importance as a Shoulder Brace, and sustaining power for the stockings and clothing worn.

The greatest care should be exercised, through child and girlhood periods especially, that the Hose Supports are adjusted each side of the hips and upon the front and outside of the stocking, that they are never drawn tighter than is necessary to keep the stocking smooth, which is *just straight as the child stands erect*, also keep strict watch over the child's growth, and change the upper button on the Waist, placing it just as far below the lower button when there is need; thereby evading a dragging in one place more than another, causing the child to lean forward, or more at one side than the other. If the Waist is too small around, the child will form the habit of shrugging the shoulders. These things we mention, as our experience has taught us that a very slight cause proves sufficient, if not removed, to encourage deformity, in many ways hard to overcome, and if not detrimental to the child's health effecting greatly their personal appearance. Mothers often have no idea of the injury inflicted upon their daughters by the use of shoulder straps and low neck waists, when the strap falls just in the centre of the shoulder, where the small bones unite, constantly, every step the child takes, pressing out the shoulder blades. Also, the stocking support fastened only upon the front, or worn as a band around the limb, as previously, and even now by some, is the seat of lots of trouble, that the limits of this manual forbid mentioning, but that every woman in the land should investigate and remedy, especially for her child.



That the old fashioned stays or corsets, worn to compress the figure, and mould the female form to its shape, more barbarously than any mode adopted by uncivilized nations, because more fatal to human existence, is being gradually superseded by more sensible, healthful and artistic undergarments is a fact that no observer of progressive civilization can overlook. While we know that many colossal fortunes are being made, and will continue to be made, by the manufacture and sale of corsets, we have the hopeful signs of their shapes being more or less modified, to suit, as they all admit, the popular demand. A very significant fact, that cannot fail to exert a decidedly favorable influence upon the vigor of the next, and succeeding generations, I cannot refrain from giving here: The average size of the waists of ladies, fifteen years ago, at the natural belt line, as we took the measurements for dresses, from parties coming from all parts of the United States, and sometimes foreign countries, was twenty and twenty-two inches; to day my customers coming from the same places, and, as before, from the best educated and wealthy classes, the average size at the natural belt is from twenty-six to thirty inches. During the twenty-five years of my experience as a dressmaker in Boston, the evils resulting from tight lacing were constantly before me, and deplorable.

I had nothing to give at that time as a substitute for the corset, yet never failed to give tight underdressing my unqualified censure, as not only destructive to health, but at variance with all artistic lines and grace of motion. I had a brother, eight years my senior, who was an artist; my brother's ideas and the best of parental counsel formed my opinion in early life so firmly, in this particular direction, that I cannot remember when a corset-shaped waist looked otherwise than a vulgar distortion. Consequently the idea that I should sometime invent a substitute I often expressed, and only waited for leisure, which came in an unexpected manner. An

attack of inflammatory rheumatism in my hands deprived me of their use for a time, and compelled me to retire from business suddenly, and with regret. Many of my patrons I had worked for many years, and they had always treated me with such courteous generosity that serving them had proved a pleasure. When I began to convalesce I began to invent for myself; later I adopted a little girl three years of age, and finding nothing for sale that appeared fit for a child to wear, invented for her. Having some business knowledge, after my improvements had been thoroughly tested, I applied for patents for my inventions, which were granted Sept. 23rd, Nov. 18, 1873, and Jan. 6th, 1874, thereby establishing the fact that *my improvements* in under-clothing for women and children *preceded* the organization of the Dress Reform Committee by more than a year's time, to say the least, and I have given to the subject my undivided attention since, my experience being rich with happy results. My convictions from the first were, that in order to alienate the very great affection many seem to entertain for the corset, against all common sense or reason, something must be produced as a substitute that would appeal powerfully to the natural love for beauty. We cannot expect to replace a *handsome* though *harmful* garment, that for generations has been made, each year more ornamental and attractive, by a rough-looking, ill-shaped though healthy one. The longing love and perfect admiration some very young girls have for the corset, that gives the elder sister, or school friend, a wasp-like waist, while it robs her of her vitality and color, must be diverted by presenting in its artistic beauty the natural motions of the human figure, with every muscle free from compression. Prove to them that the bloom of youth — above all beauty most fascinating — need not be so evanescent, but, like the healthy bud, develop the perfect flower.

As a substitute for the corset or stays, we offer you the Flynt Waist or True Corset, Pat. Feb. 15th, 1876, as one of the great

inventions of the age, that every woman who prizes health, graceful motions, or beauty of form should thoroughly investigate. There is no other waist or corset known that in its construction combines a shoulder brace, bust, skirt and hose supporter, while it is substituted for a corset, chemise, and corset cover. Although it fits like a glove in every part, it allows the wearer perfect freedom of motion, the use of every muscle, and the privilege of breathing properly without restraint. The late Madam Rudersdorff remarked to me that no woman could know the quality or possibilities of her voice while wearing corsets. She never wore them herself, and as she had won an enviable prestige as an actress, singer and teacher of vocal music, her opinion was valuable. For growing girls the benefits hygienically of the Flynt Waist cannot be over estimated. Mothers, especially with their eldest daughter, are so apt to begin to worry because they have *no figure*, and will say "do give my daughter some kind of a garment to keep her stomach in and give her a figure," when the child is as every other healthy child of her age ought to be. They might as well daily give them a little poison as crowd their vital organs. My advice is invariably: "Let your daughter be dressed loosely; let nothing bind or compress her anywhere. Do not allow an ounce in weight to rest upon the hips, give her stomach plenty of room, let her grow freely, without the least restraint from clothing, and, above all, do not annoy or worry her in the least about "*a figure*," for there is no sadder sight than a young growing girl shaped by corsets. She cannot have one natural motion, and usually possesses a dingy, sickly complexion, round, stooping shoulders, narrow chest, weak eyes, half the time a headache, the other half a backache, often fits of nervousness if not something worse, and only looks forward for sickness and trouble in the future.

If mothers would be satisfied to let nature have her rights, and permit their daughters to keep their maiden waists as long as

nature requires — so much prettier is it than any other — and dress them in a style adapted to their age and shape, keep them young in their plaited waists and broad sashes, or gathered waists with yokes, or princess dresses with their endless variations, instead of doing to them of which we would any one of us enter a complaint to the Society for the Prevention of Cruelty to Dumb Animals were the same perpetrated upon a horse, cow, dog or cat within our knowledge. Ladies, has it ever occurred to you if we should place upon a dumb animal the same kind of a machine, and pull the lacing strings a little tighter each day, in order to keep their stomachs in and give to them a figure, how long that animal would live, or the amount of just indignation that such an act would arouse in an intelligent community? Yet this outrage is being constantly committed upon your beautiful daughters. If sickness follows you send for a physician, who seldom has the most remote idea of the cause, and when death ensues you wonder at the “dispensation of Providence.” During my second year in this city a young lady died suddenly, having been but slightly indisposed three or four days. The family and attending physician were anxious for an examination, which disclosed the fact that her internal organs were all out of place, that the liver bore unmistakable marks of the corset compression, that the only wonder was that she had lived as long, not that she had died. Two weeks previous she had brought me several dresses to make, and given me instructions not to make the belts over seventeen inches. Also a young married lady, an intimate friend of hers, brought dresses to be made at the same time, giving me the same instructions. The married lady came to my rooms after the result of the autopsy had been made known to the family and requested that her own dresses be made twenty-four inches at the belt instead of seventeen, as she had previously ordered, for she added, “it is so dreadful to think Norvey was the means of her own death, wear-

ing such small corsets, and lacing them so tight, and the same might have been my own fate, for we met every Saturday night, and compared the measurement of our waists, to see which was smaller; we hoped to get down to sixteen inches soon, but we had no idea we were injuring ourselves." Almost any person would have supposed Norvey's fate would have been sufficient warning for her family at least, but as a younger sister came into womanhood she so shaped herself by corsets that her figure looked like a fright to any person who had the least knowledge of the anatomy of the human form. She was married young, and it was called a splendid match, and the first three or four years of her married life was a miserable invalid, hardly leaving her room or bed, and has never known the enjoyment of health since. The mother, a brilliant woman on every subject but healthful underdressing—and upon this topic perfectly idiotic—wore her own clothing so tight that it was actually painful to look at her. She could not, without great difficulty, stoop to pick up anything she might drop. She was naturally a very healthy woman, rather inclined to flesh as she passed forty years of age, and she so disliked to grow fleshy that her one hobby was to procure a corset that would "keep her down and reduce her size." Of course the more she tightened the belts and the corsets the more she increased the objectionable features, but at last she thought she had the most beautiful garment in the world, for through some friends in Paris she procured an abdominal corset, and when she put it on, her figure was really like a young girl's, and she was perfectly encased in an armor of steel. Suppose she did almost scream with pain when she took them off, she was more than repaid for all the agony by the admiration her beautiful figure elicited from her friends while she was dressed to entertain, or to go out; but one day, as she was conversing with a friend, she fell forward, and in an instant life was extinct. There are no fancy sketches in this

manual. I could fill volumes with the recital of similar cases, which came under my observation from my position as a dress-maker. But you all say, "I do not lace, I wear my clothes so loose you can put your hand up under my corsets." But there never was, and there never will be, a corset that laces up anywhere that is conducive to health, *that is not decidedly injurious*. It is my honest conviction that corsets have more victims than rum, and I would as soon sell rum as corsets. Probably, if the truth could be known, corset wearing has been the cause of more idiotic, crippled, erratic children than rum drinking. How can any woman, who thinks of the matter at all, expect to survive the change that comes to all women at a certain time in life when they have laced their corsets until their internal organs are all out place, out of shape, and generally disarranged. I think the most prominent reason why so many pass from among us, leaving us just in the midst of their usefulness; leaving their sons and daughters just when they most need a mother's advice, is the desire to look small, and the compressing machine finishes the work by impeding the natural circulation, when it is most needful that it should be free and perfect. Can any person tell me, pray, where the silly idea that the beauty of a woman's form was enhanced by giving to it the hour-glass shape originated? What authority have we for such an unfortunate criterion? Let us American women throw off the shackles and present to the world a nation of healthy, vigorous women. Perhaps it may be said there is no longer necessity for so much talk in this direction, but so long as two-thirds or more of the girls ten years of age in our city schools are wearing corsets, as long as a lady physician can be found who wears them, as long as a gentleman physician can be found who advises them to be worn under any circumstances, who does not condemn them, as long as merchants can be found who hesitate to keep for sale Hygienic Waists, fearing it may hurt



their corset trade, let the pen and voice never cease — let it never cease until this fearful slavery to a foolish, suicidal custom is utterly abolished.

### Materials Used.

The fabrics of which we make our Waists are as follows: Lonsdale Cambric, Pride of the West, Gardner Brewer, New York Mills, French Cotton, and Satin Jean. Lonsdale Cambric is a very fine, delicate cotton, consequently very cool for summer wear and for warm climates, yet of sufficient strength to make a good serviceable garment. Pride of the West cotton comes next in weight heavier, and is more popular than any other that I have used, as suitable to wear through the year, increasing the extra warmth required for cold weather by extra weight of flannels. The next heavier cotton is the Gardner Brewer, which is a beautiful wearing fabric, and fully equal to the Pride of the West in popularity, with those who want a warmer garment. The New York Mills is a fine twilled cotton, and makes a still warmer garment than the G. B. The French cotton comes in very fine grades, and heavy if wanted. We make use of only the very fine grades. Satin Jean is a very beautiful fabric to the eye, resembling alabaster in its peculiar whiteness, and is exceedingly soft and pliable, but as warm as the New York Mills.

The French cotton and Satin Jean adds one dollar extra to the expense of every waist, over the price when made of the other cottons. Occasionally we are requested to make waists of linen, but seldom, as physicians have said much against the wearing of linen fabrics for under-clothing.

Ladies and Children's Drawers we make mostly of the Gardner Brewer cotton. All the fabrics we use for waists and drawers we have thoroughly shrunk before they are cut.



## Price List.

Having many customers who prefer to wear the waists without bones or trimmings, we give first the price of the perfectly plain waist, made of Lonsdale, Pride of the West, Gardner Brewer, New York Mills, or cottons equivalent in price and quality, which is two dollars and fifty cents. Every twelve bones and casings add one dollar to the price given for the perfectly plain waists, and the same rate in proportion, more or less, as the number of whalebones increase or decrease, unless greater length of bones are required (nine inches being the usual length), then we are obliged to charge more, according to the number of extra inches wanted.

The perfectly plain waists, ordinary size, \$2.50.

For the same, with the addition of 4 bones and casings, \$2.83.

"	"	"	"	8	"	"	3.17.
"	"	"	"	12	"	"	3.50.
"	"	"	"	16	"	"	3.83.
"	"	"	"	20	"	"	4.17.
"	"	"	"	24	"	"	4.50.
"	"	"	"	28	"	"	4.83.
"	"	"	"	32	"	"	5.17.

The above-named prices are for ordinary sized waists. For very large sizes there is an additional charge of fifty cents, as they consume more material, and to make an elegant fit over the hips we put eight pieces instead of six in the skirt of the waist, increasing the expense of making. Waists made of Satin Jean or of the French cotton are one dollar more added to the price of the garment made of any other cotton.

The Extension and Nursing Waists for pregnancy, are one dollar more than the price given for plain waists. The Nursing

Waists, without the extension, are fifty cents more than the plain waists, subject to the same rates of additional expense for whale-bones. Waists for misses over twelve years of age, two dollars and fifty cents; under twelve, two dollars. Infants' Waists, from seventy-five cents to two dollars. The prices of trimmed waists vary according to the trimmings used, and range from seventy-five cents extra to fifteen, twenty, and twenty-five dollars. A pretty Swiss or Hamburg trimming for neck and sleeves, or arm-hole, adds seventy-five cents to the price given for plain waists.

French or Fayal or Madeira needlework are the most serviceable trimmings, as they not only last as long as the waist, but so strengthen the waists that they last much longer than without them, and they add to the price named for the plain waists from one dollar and fifty cents all the way to ten dollars or more. For one dollar and fifty cents a double trimming, with nice edge and as serviceable as any other, only of a simpler design, can be furnished, trimming the neck and sleeves, and each side of the front from the neck to the waist. Every twenty-five cents additional gives a little more elaborate and finer work, until it proves very elegant. For some large waists, made low neck, with arm-hole trimmings, we use nearly two chemise bands, making them cost of course a great deal more.

We make Waist Covers, to be worn over the waists and under the dresses, varying in prices from four to fifty dollars. The very high priced ones being made of needle work insertion, alternating with real lace insertings and trimmed with real lace edgings, the work being all done by hand. Lower priced, but very beautiful ones, we make of the woven insertions, alternating figures, and trimmed with real or good imitation laces. The imitation laces of course diminish the price materially.

If any of the above described fancy waists or decorations are wanted cheaper than we can furnish them, we sell a pattern, giving

directions, for twenty-five cents. There will never be patterns sold of the Flynt Waist, as it is patented.

Circular Waistbands, fitted to one's waist, and made of any color desired, with a cord stitched in the top of every one, so it cannot stretch, we sell for twenty-five cents each, or two dollars and fifty cents per dozen, charging three cents extra apiece for button-holes, if one wishes them made here. We also sell a set of four band patterns, fitted to one's waist, with the button-holes indicated, for twenty-five cents.

Ladies and Misses Drawers we make closed or open, and also for ladies the quite famous though old fashioned curtain drawers. The prices varying, from the perfectly plain to elaborately trimmed, from \$1.50 to \$6.00. For \$1.75 we give a perfectly plain pair of drawers and a paper pattern of the same. For \$2.25 we make them with a few tucks, and a Swiss or Hamburg trimming, and better trimmings as the price increases. For \$3.50 we furnish drawers trimmed with the French needle-work or the double cloth, and for \$4.00 with the Madeira needlework, ruffles with insertion and tucks, and other styles of trimming with the beautiful Fayal work that comes, as in the Madeira needlework, with matched sets for waists and drawers. Still higher priced drawers we trim with needlework insertions, alternating with tucks, finished with real lace ruffles, or plain ruffles with lace edgings. The little children's drawers vary according to decorations, and we always prefer to state the prices before making.

When ordering any of the trimmed waists or drawers, it is well to name the price one is willing to give above the price named for the article plain, as stated in the price list—then in making our selections of material we can be constantly guided by our limitations, and do the very best we can for our customers, and be remunerated for our trouble.

## Hose Supports.

Ladies' Hose Supports, made of silk elastic, price 75 cents; made of cotton elastic, 50 cents. Children's Hose Supports, made of the same width of elastic, are the same price as for ladies; when made of narrow elastic and webbing, are 38 cents.

## Knit Underwear.

We furnish our patrons, when required, silk underwear and Cartwright and Warner's, of all weights and sizes; American knit underwear of any particular manufacture in the market, at the same price one would pay themselves. For adding our patented improvements, which render the garments more comfortable and shapely, fitting as well as a Jersey, we charge \$5.00 for two sets, the change adding much to the durability of the underwear, also improving the fit of what is worn over them, as well as proving a great convenience when dressing.

## Skirts and Petticoats.

We also furnish petticoats of all kinds, at the same prices one would pay for the articles themselves — when we buy them ready made, charging extra, only our prices for furnishing them with circular bands with the button-holes made; the same price we charge for dress skirts, which are very often brought us to adjust by ladies who have ordered waists. The price is \$1.00 for adjusting the waistbands to each skirt, the waistband and button-holes included. The waistbands are always made of a color to harmonize with the skirt. When petticoats are made to order, of any particular style or extra quality of trimming or material, the prices are more than when found ready made, varying according to cost.

### Bridal Trousseaux.

When we furnish Bridal Trousseaux we like to know how many garments of each kind are wanted, and about how much the party is willing the whole shall cost ; then we can calculate how we can arrange the prices for each set of garments, making some of less cost, so as to make others more elaborate ; and then we submit for approval the result of our estimate before we commence the work. The bulk of a bridal trousseaux is very much reduced by this method of underdressing, and consequently the price ; but the amount of health and solid comfort, if I do not mention personal charms, and relief from weariness one derives from it, is beyond human calculation.

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The foregoing price list is for ordered work, as we have not at the present time capital sufficient to provide ourselves with steam power, or any of the recent inventions for labor saving, more than the family sewing machine. At the same time we do not want any person to feel as if the prices named *must* stand between them and the possession of these *health and life giving garments*, and we manage in some way to meet people with limited means, in a manner to make them bless the day they made the acquaintance of the Flynt Improved Underwear. We sincerely hope before many months to be able to work with all the facilities for reducing the prices, as manufacturing at wholesale and with labor saving machinery will enable us to do, and we shall then lose no time in acquainting our patrons with the fact, as we intend to establish agencies all over the United States.

The readers of this little manual will see that I advise but one way of underdressing, that is to provide ones self with knit underwear garments, which may be very light for summer and warm climates, with low square necks if wanted, a little heavier for au-

tumn and spring, and still heavier for winter — but think the knit underwear of some kind indispensable for all the year. A Flynt Waist (which takes the place of the old chemise, corset and corset cover), and from it by the aid of the Flynt Hose Support sustain the stocking, and then by the aid of the circular waistbands sustain the drawers and petticoats and the dress skirt, avoiding all over-lapping; and we guarantee so nice a fit and consequent improvement to the figure and general appearance of our clients, as to disarm all criticism. We mean even to convert that man whose wife consulted a leading physician, not more than a thousand miles from Boston, with regard to her health, and the doctor prescribed as imperative the discarding of her corsets, and sustaining her skirts from her shoulders. When the lady told her husband the nature of the prescription, he was perfectly disgusted; and when he met the doctor asked him if his wife could not get along just as well and still wear her corsets. The physician said, "No, your wife cannot live ten years longer if she does not leave them off." "Then," he quickly replied, "let her live five years and keep on her corsets." Of course she took them off, and means to live twenty-five years.

A lady or child wearing the Flynt Waist can raise both arms at the same time straight up over her head, or perform any gymnastic exercise without lifting the garment from its place at the natural belt line; and lie down at any time with perfect comfort, without unbuttoning the waist, because it is so scientifically constructed and such a perfect fitting garment.

### Measurements required for the Flynt Improved Underwear and Flynt Weather Protector.

Bust measure over and around the bust, under the arms.

Bust measure around and just under, or below bust.

The same measurement with full breathing capacity.

Size at the natural belt, bottom of waist.

Size around the hips, four inches below the belt.

Width of back from arm to arm.

Length of waist under the arm, the arm down.

Length of waist from neck binding to the bottom of waist-front.

Length of waist from neck binding to the bottom of waist-back.

Size of neck binding, and size of arm-hole.

### Questions to be answered without omission.

Whether sloping shoulders, high, or medium.

Whether of full habit or delicate.

Whether suffering from disease or deformity.

Which shoulder is higher than the other, if either.

Which hip is higher than the other, if either.

Let all the measurements be given accurately, naming any particular fancy, as, if you will prefer to button your waist from right to left, or from left to right.

If a Weather Protector is wanted, add the length from belt to floor, back and front.

### How to order Waists.

Many people order waists of us from a distance, and our success has been very remarkable, our correspondence with the ladies proving not only satisfactory, but extremely interesting. They take our list of measurements, and with some one to assist them in taking the measures, they write down opposite each requirement an answer, being careful to answer minutely every question, writing as much about themselves as they please. If they wish trimmed garments, they name what they want them trimmed with, and about how much they are willing to have them cost, after hav-



ing examined our price list. When we receive their measurements we immediately select from our samples two or three waists, corresponding in size but having slight variations, and forward them by mail ; generally one of the garments so nearly fits, if not exactly, that an order is given. Then we make one and send it on approbation, which in nine times out of ten fits perfectly, but if it is not quite perfect, we prefer it returned with alterations suggested ; instead of altering that one we keep it for a sample, knowing it will fit somebody, and make another and send again by mail — our patience in this direction never having been exhausted, or our confidence in the least abused by our patrons. All express and mail expense is invariably charged to the customers and added to their bill.

### The Flynt Underdress

Is the chemise, short or long petticoat, and corset cover combined, was invented by Mrs. Flynt, and secured to her by Letters Patent granted Nov. 18, 1873, and was an exceedingly popular garment with her patrons until she invented the Waist, which almost entirely obviates its necessity with them ; and now the Underdress is the favorite garment with ladies who still wear corsets, as the bulkiness of the old style of underdressing is so much overcome by its adoption. Prices from \$2.50 to \$15.00 and \$20.00, according to the trimming. Mrs. Flynt's rights as an inventor have been infringed greatly with this garment, as with some others, that may be regulated in time.

### Important Information.

The benefits derived from the adoption of proper underdressing for those suffering periodically, are more than can be described in this manual, often having proved in from one to two months a victory over ten or more years of intense suffering. For proof of

the above assertion consult with Mrs. Flynt, and you will be satisfied.

### Style.

When we see ladies, and school girls even, who can scarcely put on their hats and bonnets after they have on their dress waist, we are strongly convinced that the corset is not alone in producing helplessness, disease and death among our sex; and we wonder how they can consent to the loss of their freedom, so much of life, for the sake of looking (stylish?) like somebody else, who might as well have been a block of wood in the beginning, as to try to "live, move and have a being," with her dress waist and sleeves so tight that she cannot convey the food to her mouth with her fork — if her very life depended upon the accomplishment of the feat — gracefully we will say.

Please do not tell anybody, for we should not wish it known, and I will tell you sometime about a lady, who received one Saturday afternoon from her dressmaker a very expensive dress, made of a perfectly new material, simply gorgeous in its effect. The lady was boarding at an exceedingly fashionable hotel, and the following day, Sunday, arrayed herself in the costume to go down to dinner with her husband, as she was a very handsome lady, and noted for her good style and general elegance of attire, attracted all eyes as she passed into the dining hall, and she naturally enough felt very much elated at the congratulatory nods and smiles that greeted her from all directions. When in the course of time their dinner was placed before them, she found to her very great consternation that she could not use her arms; the blood had so rushed to the extremities, and could not return, that her hands and feet were almost benumbed. Her husband being one of those delightfully gallant gentlemen that we often read about, noticed in part her dilemma, (perhaps he had kindly assisted her in putting

the dress on, we won't be sure,) assisted her in a manner that relieved her greatly; but when she attempted to convey the food to her mouth with her fork, then came the "tug of war," it was simply an impossibility. She knew all eyes were upon her, or thought she knew it — and while she kept trying to think how she could once more regain her own apartments, her head and hands seeming every second increasing in size, as the blood rushed where it could only go, her husband became alarmed at her deepening color, and hastily rising asked her if she was ill, placed his arm through hers, and assisted her to her own room — and out of the dress.

The gentleman being capable of using strong language upon important occasions, I will leave the rest to your imaginations; and we will take a peep in at the dressmaker's the following afternoon, when the lady, who was fortunately able to be out, related her shocking experience of the previous day. The dressmaker in the coolest manner said, "but, Mrs. ———, it is style, and almost any lady for whom I make dresses would have managed it for the sake of the style. I make them all so, and I mind they would prefer them tighter instead of looser, could they but get them on." Now how much can we hope from the brains of people who will submit to such ridiculous nonsense for the sake of style? And I pray that every woman in the land will try to develop a different feeling with regard to style, cultivating a taste for the truly beautiful in every sense of the term; but resist as a terrible foe any style that contracts or cripples them in any way, not only for themselves, but for the sake of their children, and all whom they may influence. Do let us have modes of our own, that will show such a marked improvement over anything produced by any former period, that the women of all nations will emulate our American styles.

### Flynt Weather Protector.

Mrs. Flynt has also invented the only perfect Weather Protector (Pat. Nov. 12, 1867, and Oct. 20, 1874), enabling a lady to walk for hours in a storm, through mud and water, without an umbrella, and find, on removing the garment, her clothing, also bottom of dress and skirts, as clean and dry as when she left the house. This garment may be worn like an ordinary waterproof, when only required for an outer covering; in which case, the bottom and inside skirt-protection are to be buttoned firmly inside of the garment, near the belt. If a lady wishes to adjust the Weather Protector for a rainy day, she will button up the inside lining from the bottom, then dropping it upon the floor, place her feet inside the opening at the top, and drawing the lining up next her drawers, fasten it around the waist, placing her arms in the sleeves. Her skirts are between the lining and outside of the garment, as indeed they could be nowhere else, and are perfectly secure from mud and mire. The flounce conceals any puffiness that might result from haste in dressing, or from the length of the skirts; while the graceful hood, drawn over the hat or bonnet, permits the wearer to walk along without an umbrella, regardless of rain or snow. The eight pockets which the garment contains win the hearts of all; for what woman has not envied the numerous pockets of the masculine attire?

Mrs. Flynt has also invented an Improved Skirt (Pat. Oct. 20, 1874), an invaluable acquisition to every lady's wardrobe, and precisely what is wanted for a pleasure trip — to be worn when the weather is fine, and the walking damp and dirty. It is a comely garment, also containing eight pockets, provided with an agreeable shoulder support, which sustains admirably not its own weight alone, but also the skirts it contains and the contents of the pockets. It is adjustable over a long, fully trimmed skirt, and under

the petticoats usually worn. But a moment is required for its adjustment, which, when effected, protects its fortunate wearer from all dirt and dampness. A deep overskirt and sack, or a long polonaise, may be worn over it, and no hint given, from the outward appearance, of what it conceals and protects so perfectly. In this garment a lady may walk in the most violent wind with all the ease and freedom of motion desirable. If overtaken by rain, the overskirt can be quickly thrust inside, and donning the Gossamer Rubber Fabric wrap and hood, which perhaps the wise and prudent wearer has placed in one of the capacious pockets before starting out, the whole figure, as well as bottom and inside of skirts, is protected, and able to defy the storm, without inconveniencing either herself or her escort.

The above garments may be made of English or American Waterproof Cloth, with Gossamer Rubber Fabric Protector, or of Gossamer Rubber solely.

To travellers these garments commend themselves at once; to business women and to school girls they are of incalculable value; in short, no woman who regards health and comfort will consider her wardrobe complete without this valuable accessory.

### Improved Skirt.

The following cuts represent the improved skirt, and the improved skirt with cape and hood, as worn over the skirt. The price of the skirt alone, at the present time, is from \$7.00 to \$12.00; for skirt, cape and hood, from \$12.00 to \$20.00. Many persons already in possession of a rubber cape only require the improved skirt. The hoods are sold separately for \$2.00.

Perfect Weather Protector.

Skirt.



PATENTED OCT. 20, 1874.





For the benefit of patrons who wish to send their measurements, this page can be detached, writing any extra information they wish to give us, on the other side.

Name,

Residence,

Inches.

Bust measure, over and around the bust, under the arms,

Bust measure, around and just under, or below bust,

The same measurement with full breathing capacity,

Size at the natural belt, bottom of waist,

Size around the hips, four inches below the belt,

Width of back from arm to arm,

Length of waist under the arm, the arm down,

Length of waist, from neck binding to the bottom of waist,  
front,

Length of waist, from neck binding to the bottom of waist,  
back,

Size of neck binding, and size of arm hole,

#### QUESTIONS TO BE ANSWERED WITHOUT OMISSION.

Whether sloping shoulder, high or medium,

Whether of full habit or delicate,

Whether suffering from disease or deformity,

Which shoulder is higher than the other, if either,

Which hip is higher than the other, if either,

Let all the measurements be given accurately, naming any particular fancy, as, if you will prefer to button your waist from right to left, or from left to right.

If a Weather Protector is wanted, add the length from belt to floor, back and front.

**BUSINESS ADDRESS:**

**M R S. O. P. F L Y N T,**

**319 Columbus Avenue,**

**BOSTON, MASS.**

Columbus Avenue Cars pass the door every few minutes.

## NOTICE.

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MANY of my patrons knowing I was about to issue this Manual have generously forwarded testimonials of their appreciation of the Flynt Waist and the other improvements connected with it, conducive to the health and comfort of women and children. And as I cannot select for publication a few from the number without publishing all, I shall be obliged to omit them altogether from this edition, again assuring them of my sincere gratitude for the earnest desire they have manifested to advance this very important work, and the evidence they are so willing to give that the problem of healthful underdressing has at last been solved, by the production of garments that greatly improve the figure, while adding so much to the fulness of the life of the wearer.

OLIVIA P. FLYNT.



Patented Oct. 20, 1874.











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